

Crockett Middle School Health, 7-8 Syllabus 1<sup>st</sup>/4<sup>th</sup> 6weeks

Life-time goal: recognize that the development of life management skills, including making and goal setting, leads to the successful attainment of lifetime goals.

Student expectations

Chapter 1 Developing Life Skills such as how to make wise decisions and how to choose and set goals can help people respond positively to events.

Read and discuss chapter.

Vocabulary, study questions, review and assessments.

Student expectations

Chapter 2: Learning how to deal with emotions, strengthening self-image, and communicating and relating successfully with others can help promote mental health.

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Student expectations

Chapter 3: understanding stress, its causes, its effect on the body, and techniques for coping with it can help a person lead a healthier life.

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment.

Introduces students to the organs and systems that make the body work and to the changes that take place in the body throughout life.

Student expectations

Chapter 4: Your Body System. All body systems perform different functions to keep a person alive.

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment.

Student expectations

Chapter 5: Learning to deal with the physical and emotional changes that occur during the teen years can help individual adjust to changes and responsibilities.

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment.

Crockett Middle School Health, 7-8 Syllabus 2<sup>nd</sup>/5<sup>th</sup> Six weeks

Emphasize that good health is an individual's own responsibility.

Student Expectations:

Chapter 6: Your Nutritional needs: The nutrients provided by a balanced diet are important for health and proper growth.

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Becoming physically fit can improve a person's physical and emotional health, and keeping fit can benefit a person throughout life.

Student expectations:

Chapter 7 Fitness and Your Health

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment.

Personal health practices that are important to health include dental care, hearing, care of vision, skin care, good posture, and adequate sleep.

Student expectations:

Chapter 8 Personal Care

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Students will learn about the importance of being a wise consumer.

Student expectations:

Obtaining and evaluating information about health products and recognizing health quackery help in making wise consumer decisions.

Chapter 9 Becoming a wise consumer

Read and discuss chapter.  
Vocabulary, chapter study guide, chapter review, assessment

Student expectations  
Obtaining and evaluating information about health services helps in making wise consumer decisions.  
Chapter 10  
Read and discuss chapter.  
Vocabulary, chapter study guide, chapter review, assessment

Student expectations  
Accidents can be prevented and lives saved by being safety conscious and following safety guidelines.  
Chapter 11  
Read and discuss chapter.  
Vocabulary, chapter study guide, chapter review, assessment

Student expectations  
Knowing how to respond to emergencies and knowing first-aid techniques can help prevent injuries and deaths.  
Chapter 12  
Read and discuss chapter.  
Vocabulary, chapter study guide, chapter review, assessment

Crockett Middle School Health, 7-8 Syllabus 3<sup>rd</sup>/6<sup>th</sup> Six weeks

Students will learn about the causes, treatments, and prevention of various kinds of diseases.

Student expectations  
Communicable and non-communicable diseases harm the body, but many can be prevented, cured, or treated.

Chapter 13  
Read and discuss chapter.  
Vocabulary, chapter study guide, chapter review, assessment

Advances in diagnostic equipment, medicines, surgical procedures, and medical devices have improved diagnosis and

treatment of diseases, injuries, and mental illness, and positive health practices can help ensure good health.

Chapter 14

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Student expectations

When drugs are misused and abused, they can have harmful effects on health.

Chapter 15

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Student expectations

Using alcohol and tobacco can harm the body, but people can decide not to use alcohol or tobacco.

Chapter 16

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Student expectations

Many agencies and organizations help protect public health

Chapter 17

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment

Student expectations

Members of communities help to solve pollution and other problems.

Chapter 18

Read and discuss chapter.

Vocabulary, chapter study guide, chapter review, assessment